



WORKSHOPS

800 Waterloo Road, Warrenton, VA 20186 • 540.349.2520



YOGA WORKSHOPS *with Monica*

REGISTRATION OPENS AUGUST 15, 2016

1 WORKSHOP \$25.00

2 WORKSHOPS \$50.00

3 WORKSHOPS \$65.00

September 10, 2016 11:30am-1:00pm - "Pull up a chair then come to the barre!"

Take your flexibility to the next level with this 90 minute workshop that will give you basic tools for increasing your yoga practice at home, while traveling, or in class. Utilizing the chair or ballet barre for balance while standing, deepening your stretch while seated or simply having hands or feet connect to these tools will awaken the muscle ability to increase length and strength. Like the TRX triggers core muscles to perform with unstable suspension, the support of the chair and barre tap into a similar ability to enhance your core balance, strength and flexibility. All levels welcome, space is limited.

October 8, 2016 11:30pm-1:00pm - "Rock your Chakras"

This "ROCK-Tober" amp up your yoga practice with this 90 minute journey thru energetic Vinyasa flow as we embark on the 7 points of the chakra meridians. These are the places within the spinal column that have been known to block energy leading to your healthiest you yet! Your ability to let loose and flow freely both on and off your mat will improve attitude, breath and core strength. All levels welcome.

November 12, 2016 11:30am-1:00pm - "Yoga 108"

Take your yoga beyond the "101" level as we will tap into sun salutations and why they are done 108 times for the start of each year and the beginning of each season. This pre-holiday time is the best time to maintain your calm, yet keep your strength. All levels are welcome and participants should expect to move up and down off their mat several times during workshop.